













BOOK OF DETACHABLE DIET LISTS:::::

FOR ALBUMINURIA, ANÆMIA AND DEBILITY, CONSTIPATION, DIABETES, DIARRHŒA, DYSPEPSIA, FEVERS, GOUT OR URIC ACID DIATHESIS,

OBESITY, TUBERCULOSIS, AND A

SICK-ROOM DIETARY:

COMPILED BY

JEROME B. THOMAS, A.B., M.D.

VISITING PHYSICIAN TO THE HOME FOR FRIENDLESS WOMEN AND CHILDREN AND TO THE NEWS-BOYS' HOME; ASSISTANT VISITING PHYSICIAN TO THE KINGS COUNTY HOSPITAL; ASSISTANT BACTERIOLOGIST BROOKLYN HEALTH DEPARTMENT.

PUBLISHED BY
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1895

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W. B. SAUNDERS.

PREFACE.

THIS collection of Diet Lists and the accompanying Sick-room Dietary are offered to the profession as a practical aid to the better practice of therapeutics.

The busy practitioner has but little time to write out systems of diet for his patients or to describe the preparation of his favorite foods. There is offered him, in this portable form, a set of ten lists (compiled from the most modern works on dietetics) which include all the common pathological conditions in the treatment of which diet plays a prominent part.

In formulating the lists, it has been the writer's effort to avoid an attitude of dogmatism. They are meant to be elastic, as any scheme must be that deals with the idiosyncrasies of the human palate.

Undesirable foods may be erased from the list by the physician, blanks and space having been purposely left for the insertion of special orders.

Where, as in the subject of obesity, eminent authorities offer different plans of treatment, the writer has included those most worthy of consideration to be chosen from by the general practitioner, according to his preferences or to the peculiarities of his patient.

If all nurses were practical cooks and all patients could afford nurses, the Sick-room Dietary would be superfluous: as a matter of fact, it meets a want, for it offers a variety of easily-digested foods for the sick and a short practical description of their preparation.

All the physician has to do is to tear out a list, check off the food prescribed, and hand the list to the nurse or to a friend of the family.

Those of us who, after enumerating milk, beef-tea, milk-toast, and gruel, find our mental list of bland foods rapidly growing hazy, will find the Sick-room Dietary of some practical benefit when we have to humor the appetite of, for example, a typhoid-fever patient who rejects milk.

The lists are numbered, and the key to the numbers is reserved for the physician. See next page.

Blank spaces are reserved where the physician may stamp, or have printed, his name and address, if he so desires.

The writer is indebted to Dr. Robert L. Dickinson for the contribution of valuable suggestions and material to these lists.

JEROME B. THOMAS, M. D.

185 JORALEMON STREET, Brooklyn.

KEY TO THE LISTS.

- I. ALBUMINURIA.
- 2. ANÆMIA AND DEBILITY.
- 3. Constipation.
- 4. DIABETES.
- 5. DIARRHŒA.

- 6. Dyspepsia.
- 7. Fevers.
- 8. GOUT OR URIC-ACID DIATHESIS.
- 9. OBESITY.
- IO. TUBERCULOSIS.

SICK-ROOM DIETARY.

Date:___



NO. /.

For	•	 	 	 ***********

Date.

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTICULAR CASE::::::

Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

Physician's Orders.

May take:

Soups.—Arrowroot soup with onions, milk soups with rice, tapioca, or vermicelli.

Fish.—Fresh white fish, raw oysters, clams.

Meats (very little).—Very little red meats, mostly the white kinds; chicken, game, fresh pork, bacon, calf's head, ham.

Eggs.—

Farinaceous.—Wheaten bread, hominy, rice, toast, oatmeal, gruels, arrowroot, tapioca pudding, sago.

Vegetables (in plenty, well cooked).—The green sorts generally; spinach, summer or green cabbage, turnip tops, mushrooms, celery, salads, rhubarb, cresses, lettuce, onions.

Dessert.—Milk and rice puddings, stewed fruits, raw fruits (especially laxative), fruit jelly.

Beverages.—Weak tea, peptonized milk, plenty of pure water, milk, koumiss, barley-water, hot water an hour before meals, buttermilk, Bordeaux and seltzer. *Mineral Waters*—Bethesda, Clysmic, Berkely, Gettysburg, Poland, Highland Spring, Vittel, Wildungen, Vals, Bath.

Stimulants.-

Must avoid:



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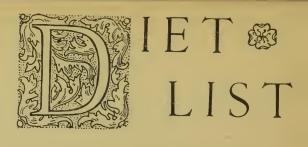
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For

General Rules. Generous, nutritious diet is important. Readily-digested food should be given often and in small quantities.

May take:

Soups.—Broths, all kinds. May add macaroni or vermicelli. Thick soups.

Fish.—All fresh fish, raw oysters.

Meats.—Chopped or scraped, raw or rare, mixed with broths, chocolate, or Burgundy and water, or made into sandwiches. Ham, broiled bacon, beef-juice, mutton, chicken, game, cod-liver oil as food, butter plentifully, Mosquera's beef-meal.

Eggs.—Soft-boiled, poached, scrambled, raw beaten up with sherry or with whiskey.

Farinaceous (give in plenty unless indigestion).—Bread, cakes, tapioca, sago, groats, barley, hominy, cracked wheat, graham grits, rolled oats, rolled rye, corn meal, malt extracts.

Vegetables (most kinds well boiled or as purées).—

Dessert.—Sweet fruits, custards, calf's-foot jelly, fruit jam, jellies, baked apples, baked pears, prunes, marmalade, egg-and-milk pudding.

Beverages.—Carbonic water, ozonized water, milk, cream, chocolate, cocoa, peptonized milk, malted milk, koumiss, kefyr. *Mineral Waters*—Poland, Highland Spring, Oak Orchard, Richfield, Sharon, White Sulphur, Saratoga, Homburg, Kissingen, Royat, Bath, Vichy, Apollinaris.

Stimulants.—

Must avoid:

Pork, veal, greasy hashes, salt meat, except ham; made dishes, thin soups, cabbage, cucumbers, turnips, carrots, squash, pickles, spices, pies, pastry, pineapple, bananas.



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Meats.—Chopped or scraped, raw or rare, mixed with broths, chocolate, or Burgundy and water, or made into sandwiches. Ham, broiled bacon, beef-juice, mutton, chicken, game, cod-liver oil as food, butter plentifully, Mosquera's beef-meal.

Eggs.—Soft-boiled, poached, scrambled, raw beaten up with sherry or with whiskey.

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Vegetables (most kinds well boiled or as purées).—

Dessert.—Sweet fruits, custards, calf's-foot jelly, fruit jam, jellies, baked apples, baked pears, prunes, marmalade, egg-and-milk pudding.

Beverages.—Carbonic water, ozonized water, milk, cream, chocolate, cocoa, peptonized milk, malted milk, koumiss, kefyr. *Mineral Waters*—Poland, Highland Spring, Oak Orchard, Richfield, Sharon, White Sulphur, Saratoga, Homburg, Kissingen, Royat, Bath, Vichy, Apollinaris.

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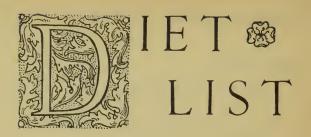
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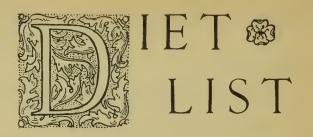
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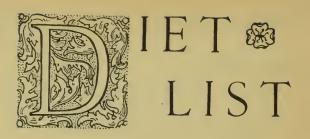
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For

General Rules. Use foods that leave a bulky residue to stimulate the muscular coat of the intestines.

May take:

Soups.—Broths, oyster soup, sorrel soup.

Fish.—All kinds boiled. White sorts broiled. Sardines in oil.

Meats.—Most kinds, poultry, game, etc.

Farinaceous.—Brown or graham bread, gingerbread, oatmeal porridge, bran bread, bran pudding, wholemeal bread, corn bread.

Vegetables.—Most fresh varieties well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

Dessert.—Figs, prunes, tamarinds, baked apples, oranges (on rising), melons, grapes, raisins, stewed fruits, honey or treacle.

Beverages.—Glass of water, preferably hot, drunk on rising (add salt to taste). Pure water in plenty, black coffee, cocoa, lemonade, beer, ale. *Mineral Waters*—Richfield Springs, Crab Orchard, Bedford, Saratoga, Hunyadi, Carlsbad, Rubinat, Friedrichshall, Kissingen, Villacabras, Puellna.

Stimulants.-

Must avoid:

Pork, veal, goose, liver, hard-boiled eggs, salt meats, salt fish, peas, beans, nuts, pineapples, new bread, pastry, pickles, cheese, spirituous liquors, milk.



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NQ. 3.

For

Date.....

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE: :::

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

May take:

Soups.—Broths, oyster soup, sorrel soup.

Fish.—All kinds boiled. White sorts broiled. Sardines in oil.

Meats.—Most kinds, poultry, game, etc.

Farinaceous.—Brown or graham bread, gingerbread, oatmeal porridge, bran bread, bran pudding, wholemeal bread, corn bread.

Vegetables.—Most fresh varieties well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

Dessert.—Figs, prunes, tamarinds, baked apples, oranges (on rising), melons, grapes, raisins, stewed fruits, honey or treacle.

Beverages.—Glass of water, preferably hot, drunk on rising (add salt to taste). Pure water in plenty, black coffee, cocoa, lemonade, beer, ale. *Mineral Waters*—Richfield Springs, Crab Orchard, Bedford, Saratoga, Hunyadi, Carlsbad, Rubinat, Friedrichshall, Kissingen, Villacabras, Puellna.

Stimulants.—

Must avoid:

Physician's Orders.



NO. 3.

For	***************************************				
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THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

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Vegetables.—Most fresh varieties well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

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salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

Meats.—Most kinds, poultry, game, etc.

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Physician's Orders.

May take:

Soups.—Broths, oyster soup, sorrel soup.

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Meats.—Most kinds, poultry, game, etc.

Farinaceous.—Brown or graham bread, gingerbread, oatmeal porridge, bran bread, bran pudding, whole-meal bread, corn bread.

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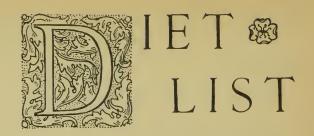
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For

General Rules. Use foods that leave a bulky residue to stimulate the muscular coat of the intestines.

May take:

Soups.—Broths, oyster soup, sorrel soup.

Fish.—All kinds boiled. White sorts broiled. Sardines in oil.

Meats.—Most kinds, poultry, game, etc.

Farinaceous.—Brown or graham bread, gingerbread, oatmeal porridge, bran bread, bran pudding, wholemeal bread, corn bread.

Vegetables.—Most fresh varieties well boiled. Spinach, boiled onions, brussels sprouts, cauliflower, salads with oil, lettuce, asparagus, tomatoes, salsify, celery.

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Stimulants.—

Must avoid:

Pork, veal, goose, liver, hard-boiled eggs, salt meats, salt fish, peas, beans, nuts, pineapples, new bread, pastry, pickles, cheese, spirituous liquors, milk.

Gluten Bread.-Less yeast is required than with starch flour, and less time in the raising process; very

and water, one heaping teaspoon-

Gluten Griddle Cakes. - For two persons beat up nicely one egg, add a pint of water, a little salt, and Gluten Gems. -- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form are added at the close to improve the flavor, gluten, two eggs, and a trifle of salt into two large cups of Stir in gluten till a soft dough is formedful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough Beat all well together, pour into very hot gem-pans, and bake in quick oven. stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Put in pans to raise, and when light bake in a adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder, three ounces of good butter. It takes somewhat longer to bake these than other gems. Take one quart of sweet milk or milk A little salt and butter Two, Two Gems .- Stir two cups of a baking-powder biscuit. up the boiling process for fifteen minutes. and it may be eaten with milk or cream. about the consistency of burning in quick oven. sweet milk or cream.

For

ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary

the other portion; then stir the whole together well; add

Biscuit of Bran Flour.—To one quarter of a pound of flour add three or four fresh eggs,

For Soups and Gravies.bake to a delicate brown.

and

-Gluten is better than flour. It is frequently delicately browned for these purposes.

cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a

free allowance of butter, or they may be eaten with curd or any soft cheese.

The pans must be well buttered.

captain's biscuit.

Bake in rather a quick oven for half an hour.

Date

TABLE STRICTLY PERSONAL AND PRIVATE, ADAPTED THE PRESENT

ULAR CASE :

Issued by

May take:

- **Soups.**—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mullagatawny, tomato, gumbo fillet.
- Fish.—All kinds; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.
- Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).
- Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.
- **Farinaceous.**—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.
- Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.
- Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.
- Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid:

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honcy, sweets, ices, jams, treacle.

and water, one heaping teaspoon half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of little water, and two eggs, well beaten. Stir in gluten till a soft dough bake in a when light -Less yeast is required than with starch flour, and less t d never be used. Take one quart of sweet milk or milk Put in pans to raise, and about the consistency of a baking-powder biscuit. sour or old yeast should never be used

-Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without t milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven. Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping to boiling process for fifteen minutes. A little salt and butter are added at the close to improve the flavor, Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, I forms or patterns. The cake, when baked, should be about the thickness of an ordinary The pans must be well buttered. Bake in rather a quick oven for half an hour. These -Gluten is better than flour. It is frequently delicately browned for these purposes. half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a eggs, and a trifle of salt into two large cups of Gluten Griddle Cakes. For two persons beat up nicely one egg, add a pint of water, a little salt, -To one quarter of a pound of flour add three or four fresh eggs, stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. It takes somewhat longer to bake these than other gems. free allowance of butter, or they may be eaten with curd or any soft cheese. cups of up the boiling process for fifteen minutes. eaten with milk or cream. in small forms or patterns. Biscuit of Bran Flour.bake to a delicate brown. Two, Two Gems .of good butter. sweet milk or cream. and bake

and

Date

TABLE STRICTLY PERSONAL AND PRIVATE, ADAPTED

ULAR CASE

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May take:

- Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mullagatawny, tomato, gumbo fillet.
- Fish.—All kinds; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.
- Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).
- Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.
- Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.
- **Vegetables.**—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.
- **Dessert.**—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.
- Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid:

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

well beaten. Stir in gluten till a soft dough is formed Put in pans to raise, and when light bake in a hot oven. For two persons beat up nicely one egg, add a pint of water, a little salt, -Less yeast is required than with starch flour, and less time in the raising process; half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of little water, and two eggs, well beaten. Stir in gluten till a soft dough about the consistency of

stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made.

gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder.

Gluten Gems. -- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake withou It takes somewhat longer to bake these than other gems. ounces of good butter.

Stir two cups of Two, Two Gems.

gluten, two eggs, and a trifle of salt into two large cups of boiling water until thick enough, and then keeping A little salt and butter are added at the close to improve the flavor Beat all well together, pour into very hot gem-pans, and bake in quick oven. made by stirring the gluten into up the boiling process for fifteen minutes. Gluten Cream Wafers.-Stir

Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form bake to a delicate brown. and

-Gluten is better than flour. It is frequently delicately browned for these purposes. ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with ogether well; add a little nutmeg or ginger or other agreeable flavoring. The cake, when baked, should be about the thickness of an ordinary cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a Bran Flour.-To one quarter of a pound of flour add three or four fresh eggs, one and The pans must be well buttered. Bake in rather a quick oven for half an hour. free allowance of butter, or they may be eaten with curd or any soft cheese. the other portion; then stir the whole together well; add

or	-				-	_	
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Date

STRICTLY PERSONAL AND PRIVATE, ADAPTED

ULAR CASE :

Issued by

May take:

- Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mullagatawny, tomato, gumbo fillet.
- Fish.—All kinds; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.
- Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).
- Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.
- Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.
- Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.
- **Dessert.**—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.
- Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

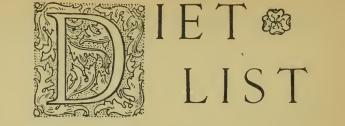
Stimulants.—

Must avoid:

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

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	Fluten Bread.—Less yeast is required than with starch flour, and less time in the raising process; and yeast should never be used. Take one quart of sweet milk or milk and water, one heaping teasped good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of compressions of the state of the state of compressions. Stiring pluten till a soft dough is formed the state of the sta

sed Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two or Gluten Gems. - Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without Two, Two Gems. -Stir two cups of gluten, two eggs, and a trifle of salt into two large cups of t milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven. Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping are added at the close to improve the flavor, until the dough is thick Cut in any form For Soups and Gravies. -Gluten is better than flour. It is frequently delicately browned for these purposes. Biscuit of Bran Flour.—To one quarter of a pound of flour add three or four fresh eggs, one and a half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, and bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. These cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a free allowance of butter, or they may be eaten with curd or any soft cheese. Put in pans to raise, and when light bake in a hot oven. Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the enough to roll out to the thickness of pasteboard. A little salt may be added if desired. It takes somewhat longer to bake these than other gems. A little salt and butter a baking-powder biscuit. up the boiling process for fifteen minutes. and it may be eaten with milk or cream. bake to a delicate brown. three ounces of good butter. about the consistency of burning in quick oven. and



Date

STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY

ULAR CASE :

Issued by

May take:

- Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mullagatawny, tomato, gumbo fillet.
- Fish.—All kinds; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.
- Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).
- Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.
- Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.
- Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.
- Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.
- Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, clarct, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid:

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

For two persons beat up nicely one egg, add a pint of water, a little salt, and good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of peaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough griddle-cake batter is usually made. , well beaten. Stir in gluten till a soft doug Put in pans to raise, and when light bake in a adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. stir in gluten to make a batter, much thicker than wheat flour about the consistency of a baking-powder biscuit. yeast, beaten up with a little water, and

Gluten Gems .- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without gluten, two eggs, and a trifle of salt into two large cups of Beat all well together, pour into very hot gem-pans, and bake in quick oven. It takes somewhat longer to bake these than other gems. -Stir two cups of Two, Two Gems .three ounces of good butter. burning in quick oven.

Gluten Porridge is made by stirring the gluten into

up the boiling process for fifteen minutes.

boiling water until thick enough, and then keeping

A little salt and butter are added at the close to improve the flavor,

Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form -Gluten is better than flour. It is frequently delicately browned for these purposes.

and

a pound of flour add three or four fresh eggs, one and a

half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, and bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. These cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a The pans must be well buttered.

free allowance of butter, or they may be eaten with curd or any soft cheese.

TABLE STRICTLY PERSONAL AND PRIVATE, ADAPTED

Issued by

For.

Date

ULAR CASE :

May take:

- Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mullagatawny, tomato, gumbo fillet.
- Fish.—All kinds; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.
- Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).
- Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.
- Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.
- Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatocs, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.
- Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.
- Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid:

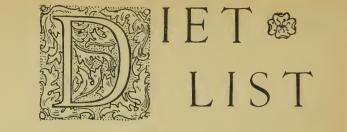
Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

-Less yeast is required than with starch flour, and less time

three ounces of good butter.

Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to Gluten Gems. -- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, and bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary are added at the close to improve the flavor, of Bran Flour.-To one quarter of a pound of flour add three or four fresh eggs, one and a half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. These cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a -Stir two cups of gluten, two eggs, and a trifle of salt into two large cups of -Gluten is better than flour. It is frequently delicately browned for these purposes. , well beaten. Stir in gluten till a soft dough is formed Put in pans to raise, and when light bake in a hot oven. ful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a soft dough about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bake in a h Beat all well together, pour into very hot gem-pans, and bake in quick oven. adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. It takes somewhat longer to bake these than other gems. free allowance of butter, or they may be eaten with curd or any soft cheese. A little salt and butter up the boiling process for fifteen minutes. eaten with milk or cream. bake to a delicate brown. Two, Two Gems.burning in quick oven.

and



Issued by

Date

STRICTLY PERSONAL AND

PRIVATE, ADAPTED

ULAR CASE :

May take:

- Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mullagatawny, tomato, gumbo fillet.
- Fish.—All kinds; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.
- Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).
- Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.
- Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.
- Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.
- Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.
- Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

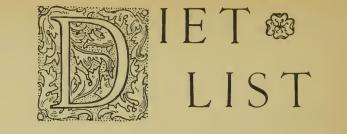
Stimulants.—

Must avoid:

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

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	Cluten Bread -I ess yeast is required than with starch flour, and less time in the raising process; ver	district the state of the state of smoot milk and water, one heaping teaspool
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Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and stir in gluten to make a batter, much thicker than wheat flour griddle-cake batter is usually made. Previous to adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. Stir in two or Gluten Gems .-- Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without t milk or cream. Beat all well together, pour into very hot gem-pans, and bake in quick oven. Gluten Porridge is made by stirring the gluten into boiling water until thick enough, and then keeping are added at the close to improve the flavor, Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form gluten, two eggs, and a triffe of salt into two large cups of For Soups and Gravies. -Gluten is better than flour. It is frequently delicately browned for these purposes. Biscuit of Bran Flour -To one quarter of a pound of flour add three or four fresh eggs, one and a half ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a free allowance of butter, or they may be eaten with curd or any soft cheese. Stir in gluten till a soft dough is formed-Put in pans to raise, and when light bake in a hot oven. Bake in rather a quick oven for half an hour. cake of ful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent yeast, beaten up with a little water, and two eggs, well beaten. Stir in gluten till a sof about the consistency of a baking-powder biscuit. Put in pans to raise, and when light bak It takes somewhat longer to bake these than other gems. A little salt and butter The pans must be well buttered. Two, Two Gems .- Stir two cups of up the boiling process for fifteen minutes. and it may be eaten with milk or cream. bake to a delicate brown. sour or old yeast should never three ounces of good butter. burning in quick oven. sweet milk or cream.



Issued by

Date

STRICTLY PERSONAL AND PRIVATE, ADAPTED

ULAR CASE :

May take:

- Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mullagatawny, tomato, gumbo fillet.
- Fish.—All kinds; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.
- Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).
- Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.
- Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravies.
- bage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.

 Dessert.—Almonds hazelnuts walnuts cocoanuts acid fruits lemons currents cream custards cheese.

Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cab-

- Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.
- Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid:

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.

and less time in the raising process; -Less yeast is required than with starch flour,

Gluten Griddle Cakes.—For two persons beat up nicely one egg, add a pint of water, a little salt, and Stir in two or Gluten Gems.-Put the batter prepared as above into very hot, well-buttered gem-pans, and bake without until thick enough, and then keeping Gluten Cream Wafers.—Stir gluten (crude or purified) into sweet cream until the dough is thick enough to roll out to the thickness of pasteboard. A little salt may be added if desired. Cut in any form Two Gems .-- Stir two cups of gluten, two eggs, and a trifle of salt into two large cups of A little salt and butter are added at the close to improve the flavor, ounces of butter, and half a pint of milk; mix the eggs with a little of the milk, and warm the butter with the other portion; then stir the whole together well; add a little nutmeg or ginger or other agreeable flavoring, and bake in small forms or patterns. The cake, when baked, should be about the thickness of an ordinary captain's biscuit. The pans must be well buttered. Bake in rather a quick oven for half an hour. These cakes or biscuits may be eaten with meat or cheese for breakfast, dinner, or supper; at tea they require rather a For Soups and Gravies.—Gluten is better than flour. It is frequently delicately browned for these purposes. well beaten. Stir in gluten till a soft dough is formed-Put in pans to raise, and when light bake in a hot oven. Biscuit of Bran Flour.-To one quarter of a pound of flour add three or four fresh eggs, one and ful of good butter, one half cake of any fresh dry hop yeast, or one-fifth of a two-cent cake of Beat all well together, pour into very hot gem-pans, and bake in quick oven. a batter, much thicker than wheat flour griddle-cake batter is usually made. adding the gluten, mix with it thoroughly a slightly heaped tablespoonful of baking-powder. It takes somewhat longer to bake these than other gems. Gluten Porridge is made by stirring the gluten into boiling water yeast, beaten up with a little water, and two egg about the consistency of a baking-powder biscuit. up the boiling process for fifteen minutes. eaten with milk or cream. bake to a delicate brown. three ounces of good butter. burning in quick oven.

Date.

DIET TABLE STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY THE PRESENT

ULAR CASE :

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free allowance of butter, or they may be eaten with curd or any soft cheese.

May take:

- Soups.—Consommé of beef, veal, chicken, turtle, terrapin, oyster, and clam, without flour. Chowder without potatoes; mock turtle, mullagatawny, tomato, gumbo fillet.
- Fish.—All kinds; lobster, oysters, clams, terrapin, shrimp, crawfish, soft-shell crabs. No sauces containing flour.
- Meats.—Preferably fat. Cooked in any way except with flour. Poultry, calf's head, kidneys, sweetbread, ham, tongue, sausage, hash (without potatoes), pig's feet, tripe, eggs, all kinds of game (not breaded).
- Relishes.—Pickles, radishes, sardines, anchovies, celery, olives.
- Farinaceous.—Gluten bread, gluten gems, gluten porridge, fried gluten mush, gluten wafers, gluten griddle-cakes, almond bread and cakes, charred bread, bran cakes, soya bread. May substitute potatoes for bread. Substitute gluten for flour in soups and gravics.
- Vegetables.—Truffles, lettuce, romaine, chickory, cucumbers, spinach, sorrel, beet tops, cauliflower, cabbage, brussels sprouts, dandelions, tomatoes, oyster plant, onions, string beans, watercresses, asparagus, artichoke, parsley, mushrooms; all kinds of herbs; sauerkraut.
- Dessert.—Almonds, hazelnuts, walnuts, cocoanuts, acid fruits, lemons, currants, cream custards, cheese, jellies, and ice cream sweetened with saccharin or glycerin. In cooking acid fruits neutralize acidity with bicarbonate of soda or potash.
- Beverages.—Tea and coffee without cream or sugar, buttermilk, koumiss, skim-milk, plain soda, red wine, dry sherry, Bass' ale or bitter beer, claret, burgundy. All in moderation. *Mineral Waters*—Alkaline and alkaline calcic. Saratoga, Waukesha, Bethesda, Poland, Highland Spring, Londonderry Lithia, Buffalo Lithia, Hudor Lithia, Aquzon, Vichy, Apollinaris, Carlsbad, Ems, Marienbad.

Stimulants.—

Must avoid:

Liver, wheat bread, corn flour, rice, sago, arrowroot, barley, oatmeal, tapioca, macaroni, puddings, beet-root, sweet vegetables, potatoes, carrots, peas, beans, parsnips, turnips, all sweet fruits, apples, pears, plums, grapes, oranges, apricots, peaches, gooseberries, dates, watermelon, sweet wines, cordials, porter, lager beer, cider, mustard, honey, sweets, ices, jams, treacle.



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Date....

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

Date.

May take:

Soups.—Milk soup.

Meats.—Scraped beef or mutton, pounded raw meat, sweetbread, beef juice, liquid peptonoids, Mosquera's beef-meal.

Eggs.—Raw white of egg with water, lightly boiled, poached.

Farinaceous.—Crackers, toast, macaroni, rice boiled with milk, arrowroot, tapioca, sago, gruel boiled for two or three hours, flour-ball boiled for two or three hours with milk. May add brandy or port wine to arrowroot or gruel.

Dessert.—Milk foods, milk, egg pudding not sweet, hasty pudding with flour and milk.

Beverages.—Sterilized or pasteurized milk, skim-milk, milk with lime-water, peptonized milk, strong tea, lactic-acid water, toast-water, rice-water, koumiss, egg lemonade. *Mineral Waters*—Alleghany Springs, Berkely Springs, Bethesda Springs, Gettysburg Springs, Vittel, Wildungen, Bristol.

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Stimulants.—

Must avoid:

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Stimulants.—

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General Rules. Avoid foods that ferment easily and those that leave an undigested residue behind, thus causing intestinal irritation. Take food in small quantities and at regular intervals.

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Stimulants.—

Must avoid:

Vegetables, soups, new bread, brown and graham bread, oatmeal, fruits cooked or raw, fried foods, fish, sugary foods, made dishes, nuts, salt meats, veal, pork.



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7

May take:

Soups.—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.

Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.

Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

Beverages (drinks should mostly be taken near the end of meals).—Hot water before meals, milk, lime-water, Vichy, weak tea (one-half ounce to the pint), koumiss, weak cocoa, peptonized cocoa and milk, buttermilk, acid wine, if acidity. Black coffee and lemon-juice on first rising. *Mineral waters*—Carbonic water, Congress, Hathorne, Ballston, Kissingen, Apollinaris, Poland, Highland Spring.

Stimulants.-

Must avoid:

Physician's Orders.



NO. 6.

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- Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.
- Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.
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Stimulants.-

Must avoid:

Physician's Orders.



NO. 6.

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Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

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Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

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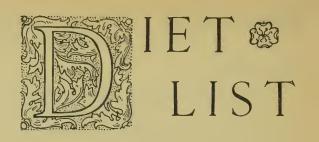
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W. B. SAUNDERS, Publisher,

Physician's Orders.

925 Walnut St., Phila., Pa.

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Stimulants.-

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For	

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3

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Physician's Orders.

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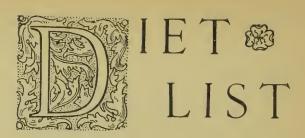
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Soups.—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.

Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.

Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

Beverages (drinks should mostly be taken near the end of meals).—Hot water before meals, milk, lime-water, Vichy, weak tea (one-half ounce to the pint), koumiss, weak cocoa, peptonized cocoa and milk, butter-milk, acid wine, if acidity. Black coffee and lemon-juice on first rising. *Mineral waters*—Carbonic water, Congress, Hathorne, Ballston, Kissingen, Apollinaris, Poland, Highland Spring.

Stimulants.-

Must avoid:

IET® LIST

NO. 6.

or....

Date.....

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTICULAR CASE: : : :

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

Physician's Orders.

May take:

- **Soups.**—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.
- Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.
- Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.
- Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.
- Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.
- **Vegetables** (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).
- **Dessert.**—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.
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Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

D

May take:

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Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.

Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.

Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

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Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

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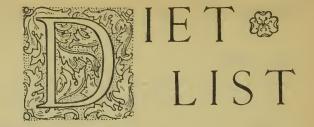
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Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

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3

W. B. SAUNDERS, Publisher,

925 Walnut St., Phila., Pa.

May take:

- **Soups.**—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.
- **Fish.**—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.
- Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.
- Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.
- Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.
- Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).
- **Dessert.**—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.
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Stimulants.-

Must avoid:



NO. 6.

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F

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W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

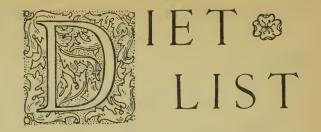
For

May take:

- **Soups.**—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.
- **Fish.**—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.
- Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.
- Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.
- Farinaceous.—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.
- **Vegetables** (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).
- **Dessert.**—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.
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Stimulants.-

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1

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

For

May take:

- **Soups.**—Small quantity. Clear soups of beef, mutton, oyster. A little vermicelli or tapioca may be boiled with these. Cream pea soup, pea and tomato soup, hominy and bean soup.
- Fish.—Oysters and little-neck clams in any form except fried. Weak fish, white fish, shad, cod, perch, trout, bass, smelt, fresh mackerel.
- Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.
- Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.
- **Farinaceous.**—Bread at least one day old; brown bread, toast, rye, gluten, and Graham bread, zwieback, crackers, cream crackers, cracked wheat, rice, sago, tapioca, macaroni, arrowroot, corn meal, hominy, wheaten grits, Graham grits, vermicelli, rolled rye, rolled oats, rice cakes, browned rice, baked flour.
- **Vegetables** (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).
- **Dessert.**—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.
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Meats.—Meat-juice, roast or broiled beef, mutton, chicken, tripe, calf's head, venison, tongue, sweetbread.

Eggs.—Raw, soft boiled, poached, omelette, combined with chicken or oysters; eat dry toast or stale bread with eggs.

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Vegetables (best made into purée by passing through a colander or mashing).—Greens, spinach, lettuce, water-cresses, French beans, sweet corn, green peas, asparagus, celery, artichokes, baked tomatoes, potatoes (but little).

Dessert.—Fruit, rice, tapioca, Indian, and farina puddings, custards (rice, snow, rennet, sponge cake, floating island), orange charlotte, gelatin creams, blanc mange, baked and stewed apples and pears, grapes, and all ripe fruits except bananas and pineapples. No rich sauces.

Beverages (drinks should mostly be taken near the end of meals).—Hot water before meals, milk, lime-water, Vichy, weak tea (one-half ounce to the pint), koumiss, weak cocoa, peptonized cocoa and milk, buttermilk, acid wine, if acidity. Black coffee and lemon-juice on first rising. *Mineral waters*—Carbonic water, Congress, Hathorne, Ballston, Kissingen, Apollinaris, Poland, Highland Spring.

Stimulants.—

Must avoid:



NO. 7.

Date...

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

For

May take:

Soups.—Raw-meat juice, clam broth, chicken broth, vegetable broths, mutton broth, broth with egg, broth of gelatin, beef-tea, clear soups, fruit soup.

Eggs.—Beaten up with water or stimulants.

Foods.—Peptonized milk, malted milk, Mellin's food, Nestle's food, liquid peptonoids, flour-ball with milk, milk toast, arrowroot, Indian meal gruel, oatmeal gruel, ground rice, Mosquera's beef-meal, pounded raw meat, oysters; in convalescence meat and calf's-foot jellies.

Beverages.—Skim milk alone (one and one-half quarts to two and one-half quarts in twenty-four hours), buttermilk, whey, koumiss, barley water, rice water, toast water, jelly water, gum-arabic water, plain soda, lemonade, fruit juices, egg lemonade, eggnog, cocoa. *Mineral Waters*—Carbonic water, ozonized water, Vichy, Apollinaris, Seltzer, Poland, Highland Spring.

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All solid foods until the temperature has remained normal for days.

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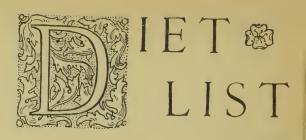
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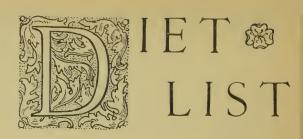
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Physician's Orders.

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Must avoid:

All solid foods until the temperature has remained normal for......days.

raw meat, oysters; in convalescence meat and calf's-foot jellies.

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IET DE LIST

NO. 8.

For	•••••
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Date.....

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE: ::::

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

Physician's Orders.

General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

Physician's Orders.

IET

LIST

NO. 8.

For	
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Date.....

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTICULAR CASE: : : : :

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa. General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

IET DE LIST

NO. 8.

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Date.....

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

Physician's Orders.

General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

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IET® LIST

NO. 8.

For	 	******

Date.....

8

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTICULAR CASE: ::::

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

Physician's Orders.

General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.



NO. 8.

For

Date.....

8

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE::::

Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

407

General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice,

baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.



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THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE: ::::

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Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

Date

General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

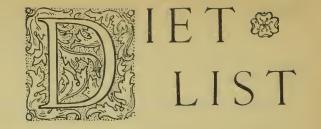
Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

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Physician's Orders.



NO. 8.

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THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE: : : :

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

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General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

IET® LIST

NO. 8.

For	Basses	
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Date.....

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTICULAR CASE::::::

Issued by

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Physician's Orders.

General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.



NO. 8.

For	
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Date.....

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8

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W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

For

General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice,

baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

Physician's Orders.



NO. 8.

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General Rules. Diet liberal, but not stimulating; moderation in animal foods; guard against foods having a tendency to produce acid in the system, such as starches, sugars, fats, and fermented liquors.

May take:

Soups.—Clear soups, vegetable soups, weak beef-tea, broths.

Fish.—Fresh fish, raw oysters.

Meats (to be taken once a day only, white kinds mostly).—Mutton, chicken, ham, bacon, underdone roasts, sweetbread, pigeon, brains, pigs' feet, venison.

Eggs (in moderation).—Whites of eggs, raw, stirred in drinks.

Farinaceous (small quantities).—Toast, stale bread, bread from whole wheat, rye bread, milk toast, rice, zwieback, Graham gems, Graham flakes, rye gems, soup sticks, crackers, hominy.

Vegetables (fresh green varieties).—Celery, lettuce, watercress, cucumbers, onions, cabbage, salads, a little baked potato, young peas, string beans, spinach.

Dessert.—Oranges, lemons, cranberries, apples, apricots, pears, peaches, cherries, jellies, blanc mange, honey, ices (not after meals), stewed or roasted fruit.

Beverages.—Water plentifully, plain soda, milk, buttermilk, weak tea or coffee (no sugar), toast-water, lime-juice, lemonade. *Mineral Waters*—Saratoga Vichy, Berkeley Hot Springs, Va., Lithia Waters, Crab Orchard, Bethesda, Carlsbad, Friedrichshall, Puellna, Villacabras, Marienbad.

Stimulants.—Moselle, light Hock, Bordeaux in small quantities and diluted.

Must avoid:

Rich soups, hard-boiled eggs, fried and made dishes, entrees, pickles, spices, veal, turkey, duck, goose, salmon, lobster, crab, preserved dried and salt meats, salt fish, pickled pork, asparagus, peas, beans, tomatoes, mushrooms, truffles, dried fruits, preserves, pies, pastry, rich puddings, patties, new bread, cheese, sweets, omelettes, sweet wines, strawberries, rhubarb, cider, fermented drinks, beer.

OF

SCHEMES

Bread-crust, three-fourths of an ounce. Cold meat, one and a half ounces. Breakfast.

Breakfast. EBSTEIN.

DUJARDIN-BEAUMETZ

One cup weak tea, without sugar. Luncheon.

Meat, three ounces, or two eggs. Bread, one and a half ounces.

Fresh vegetables, three ounces. Salads, cheese, one-half ounce.

fat

Four to six ounces of well boiled or roasted

Shinbone soup,

meat with gravy.

Dinner (at noon)

Two ounces buttered toast.

One cup of black tea.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation.

Fruit to taste.

Dinner (in the evening, no soup) one Similar to lunch, plus bread

and three-

fourths ounces, meat three ounces

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food S. Weir Mitchell.

egg or fish (may substitute ham or other fat

One cup of black tea.

One ounce of well-buttered bread

A little cheese and fresh fruit.

or drink; then gradually enlarge dictary.

Date

NO.

9

STRICTLY PERSONAL AND PRIVATE, ADAPTED

CASE

ULAR

General Rules. Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.

May take:

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.

Mineral Waters—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid:

MEALS OF SCHEMES

EBSTEIN.

Breakfast.

Two ounces buttered toast. One cup of black tea.

Dinner (at noon)

Four to six ounces of well boiled or roasted fat Shinbone soup

Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation. meat with gravy.

Moderate amount of black tea and light wine.

egg or fish (may substitute ham or other fat One cup of black tea.

One ounce of well-buttered bread.

A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ.

Bread-crust, three-fourths of an ounce. Cold meat, one and a half ounces. One cup weak tea, without sugar. Breakfast

Meat, three ounces, or two cggs. Fresh vegetables, three ounces. Bread, one and a half ounces. Luncheon.

Dinner (in the evening, no soup) one bread Salads, cheese, one-half ounce. Similar to lunch, plus Fruit to taste.

fourths ounces, meat three ounces S. WEIR MITCHELL.

and

(when awake) for twenty days; no other food Milk eight ounces and one egg every three hours or drink; then gradually enlarge dietary

NO. 9.

For

Date

STRICTLY PERSONAL AND PRIVATE, ADAPTED CASE ULAR

General Rules. Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.

May take:

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.

Mineral Waters—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid:

MEALS OF SCHEMES

EBSTEIN

Breakfast.

Two ounces buttered toast One cup of black tea.

Dinner (at noon)

Four to six ounces of well boiled or roasted Shinbone soup.

fat

Peas, beans, cabbage, in moderation. meat with gravy.

Moderate amount of black tea and light wine.

Salads, fresh fruits or dried fruits with sugar.

One egg or fish (may substitute ham or other fat One cup of black tea. meat)

One ounce of well-buttered bread

A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ

Bread-crust, three-fourths of an ounce. Cold meat, one and a half ounces.

One cup weak tea, without sugar.

Meat, three ounces, or two eggs. Fresh vegetables, three ounces. Bread, one and a half ounces. Luncheon

Salads, cheese, one-half ounce.

Fruit to taste.

bread one fourths ounces, meat three ounces. Similar to lunch, plus

Dinner (in the evening, no soup).

three-

and

S. Weir Mitchell.

(when awake) for twenty days; no other food Milk eight ounces and one egg every three hours or drink; then gradually enlarge dictary.

9

For

Date

STRICTLY PERSONAL AND ULAR CASE

General Rules. Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.

May take:

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy. Mineral Waters—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid:

OF MEALS SCHEMES

EBSTEIN.

Breakfast.

Two ounces buttered toast. One cup of black tea

Four to six ounces of well boiled or roasted fat meat with gravy.

Peas, beans, cabbage, in moderation.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar.

One egg or fish (may substitute ham or other fat One cup of black tea.

One ounce of well-buttered bread. A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ.

Cold meat, one and a half ounces. One cup weak tea, without sugar. Bread-crust, three-fourths of

Meat, three ounces, or two eggs. Fresh vegetables, three ounces. Bread, one and a half ounces.

Salads, cheese, one-half ounce.

Fruit to taste.

Dinner (in the evening, no soup) one fourths ounces, meat three ounces. bread Similar to lunch, plus

S. WEIR MITCHELL.

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.

NO. 9

For

Date

DIET STRICTLY PERSONAL AND PRIVATE, ADAPTED ULAR CASE

General Rules. Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.

May take:

Way take.

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage,

tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.

Mineral Waters-Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunvadi, Carls-

bad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid:

OF SCHEMES

EBSTEIN.

Breakfast. Two ounces buttered toast, One cup of black tea.

Dinner (at noon)

Four to six ounces of well boiled or roasted fat meat with gravy.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation

One egg or fish (may substitute ham or other fat One cup of black tea.

One ounce of well-buttered bread, A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ

Bread-crust, three-fourths of an ounce. Cold meat, one and a half ounces. One cup weak tea, without sugar.

Fresh vegetables, three ounces. Salads, cheese, one-half ounce. Bread, one and a half ounces.

Dinner (in the evening, no soup). fourths ounces, meat three ounces Similar to lunch, plus bread

Fruit to taste.

and three

S. Weir Mitchell.

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.

NO. 9,

Date

ULAR CASE

TABLE STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY THE

General Rules. Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.

May take:

Way take

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only; lean beef, mutton, chicken, game.

tomatoes, radish, very little, if any, potatoes.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage,

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.

Mineral Waters—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid:

OF MEALS SCHEMES

EBSTEIN.

Breakfast.

Two ounces buttered toast. One cup of black tea.

Four to six ounces of well boiled or roasted fat meat with gravy.

Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation.

One egg or fish (may substitute ham or other fat One cup of black tea.

One ounce of well-buttered bread,

A little cheese and fresh fruit.

Bread-crust, three-fourths of an ounce. DUJARDIN-BEAUMETZ. Cold meat, one and a half ounces.

One cup weak tea, without sugar.

Meat, three ounces, or two eggs. Fresh vegetables, three ounces.

Bread, one and a half ounces.

Salads, cheese, one-half ounce.

Fruit to taste.

Dinner (in the evening, no soup) fourths ounces, meat three ounces. Similar to lunch, plus bread

S. Weir Mitchell.

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary.

NO. 9

Date.

STRICTLY PERSONAL AND PRIVATE, ADAPTED ULAR CASE

General Rules. Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.

May take:

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage, tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.

Mineral Waters—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid:

MEALS OF SCHEMES

Breakfast. EBSTEIN.

Two ounces buttered toast, One cup of black tea.

Four to six ounces of well boiled or roasted Dinner (at noon) Shinbone soup

fat Moderate amount of black tea and light wine. Salads, fresh fruits or dried fruits with sugar. Peas, beans, cabbage, in moderation. meat with gravy.

Fruit to taste.

One cup of black tea.

One egg or fish (may substitute ham or other fat

One ounce of well-buttered bread, A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ.

Bread-crust, three-fourths of an ounce. Cold meat, one and a half ounces. One cup weak tea, without sugar.

Meat, three ounces, or two eggs. Fresh vegetables, three ounces. Salads, cheese, one-half ounce. Bread, one and a half ounces.

Dinner (in the evening, no soup) fourths ounces, meat three ounces Similar to lunch, plus bread

and three-

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dietary. S. Weir Mitchell.

NO. 9.

For

Date

THIS DIET TABLE STRICTLY PERSONAL AND PRIVATE, ADAPTED THE

CASE

Issued by

ULAR

General Rules. Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.

May take:

Same

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only; lean beef, mutton, chicken, game.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

tomatoes, radish, very little, if any, potatoes.

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.

Mineral Waters—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage,

Must avoid:

OF SCHEMES

EBSTEIN.

Two ounces buttered toast, One cup of black tea.

Dinner (at noon).

Four to six ounces of well boiled or roasted Peas, beans, cabbage, in moderation. meat with gravy. Shinbone soup.

Moderate amount of black tea and light wine.

Salads, fresh fruits or dried fruits with sugar.

One egg or fish (may substitute ham or other fat One cup of black tea.

One ounce of well-buttered bread.

A little cheese and fresh fruit.

DUJARDIN-BEAUMETZ.

Bread-crust, three-fourths of an ounce. Breakfast.

One cup weak tea, without sugar.

Cold meat, one and a half ounces.

Meat, three ounces, or two eggs. Fresh vegetables, three ounces. Salads, cheese, one-half ounce. Bread, one and a half ounces. Fruit to taste.

fat

Dinner (in the evening, no soup) one fourths ounces, meat three ounces bread Similar to lunch, plus

and three-

Milk eight ounces and one egg every three hours (when awake) for twenty days; no other food or drink; then gradually enlarge dictary. S. Weir Mitchell.

NO. 9.

Date.

For

DIET TABLE STRICTLY PERSONAL AND PRIVATE, ADAPTED

ULAR CASE :

General Rules. Avoid sugars, starches, and excess of fat-forming foods. A certain amount of fat with the food is essential.

May take:

Soups (very little).—Chicken broth, oyster soup, clam broth, thin beef-tea.

Fish.—All kinds except salt varieties, salmon or bluefish.

Meats.—Once a day only; lean beef, mutton, chicken, game.

tomatoes, radish, very little, if any, potatoes.

Eggs.—Boiled and poached.

Farinaceous.—A limited amount of dry toast, gluten biscuits, beaten biscuits, zwieback, Vienna rolls, soup sticks, crusts, Graham gems, hoe-cakes.

Vegetables (fresh).—Asparagus, celery, cresses, cauliflower, greens, spinach, lettuce, white cabbage,

Dessert.—Grapes, oranges, cherries, apples, peaches, berries, acid fruits.

Beverages.—Limited quantity of water, tea, coffee (no sugar or milk), light wine diluted with Vichy.

Mineral Waters—Avon Springs, Richfield Springs, Crab Orchard, Londonderry Lithia, Hunyadi, Carlsbad, Friedrichshall, Rubinat, Puellna, Villacabras.

Must avoid:

ate

Physician's Orders.



NO. 10.

For

Date...

3

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

8

General Rules. Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.

May take:

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

Must avoid:

The excessive use of farinaceous, sugary, or starchy foods; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, sphaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.

Physician's Orders.



NO. 10.

r			

Date.

For

8

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTICULAR CASE: : : : :

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

For ...

General Rules. Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.

May take:

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

rice well cooked.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas,

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

Must avoid:

The excessive use of farinaceous, sugary, or starchy foods; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, sphaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.



NO. 10.

For		

Date

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

General Rules. Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.

May take:

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

Must avoid:

The excessive use of farinaceous, sugary, or starchy foods; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, sphaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.



NO. 10.

Date.

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa.

Date

General Rules. Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.

May take:

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

Must avoid:

The excessive use of farinaceous, sugary, or starchy foods; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, sphaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.

Physician's Orders.



NO. 10.

For	
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Date.

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

Issued by

W. B. SAUNDERS, Publisher, 925 Walnut St., Phila., Pa. General Rules. Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.

May take:

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

Must avoid:

The excessive use of farinaceous, sugary, or starchy foods; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, sphaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.

Physician's Orders.



NO. 10.

For	**************************************
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Date___

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

Issued by

W. B. SAUNDERS, Publisher,
925 Walnut St., Phila., Pa.

Date

General Rules. Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.

May take:

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas,

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

rice well cooked.

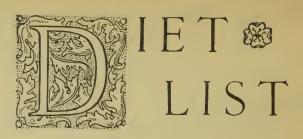
Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

Must avoid:

The excessive use of farinaceous, sugary, or starchy foods; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, sphaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry.



NO. 10.

For			
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Date.



THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::



Issued by

W. B. SAUNDERS, Publisher,

925 Walnut St., Phila., Pa.

General Rules. Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and
before going to bed. Do not have meals more than three hours
apart.

May take:

Souns

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas,

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick,

Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad,

Must avoid:

Cheltenham.

The excessive use of farinaceous, sugary, or starchy foods; pork, veal, hashes, salt fish, lobster, bluefish, turnips, beets, potatoes, cucumbers, cabbage, parsnips, carrots, macaroni, sphaghetti, arrowroot, cornstarch, hot bread and cake, all fried foods, made dishes, gravies, sweets, pies, and pastry,

Physician's Orders.



NO. 10.

Date

THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

Issued by

W. B. SAUNDERS, Publisher,

925 Walnut St., Phila., Pa.

Date:

General Rules. Eat as much as can possibly be digested, mostly fatty and nitrogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.

May take:

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

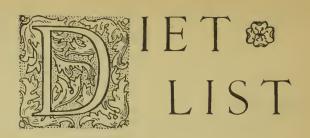
Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Beverages.—Ozonized water, carbonized water, hot water or hot Vichy water (one pint an hour before meals), lemonade, ginger ale, malt preparations, milk, cream, koumiss, cocoa, chocolate. *Mineral Waters*—Alkaline, iron, and sulphur. Oak Orchard Springs, Richfield Springs, Lower Blue Lick, Green Brier, White Sulphur Springs, Red Sulphur Springs, Aix la Chapelle, Homburg, Franzensbad, Cheltenham.

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Physician's Orders.



NO. 10.

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Date.....



THIS DIET TABLE IS STRICTLY PERSONAL AND PRIVATE, ADAPTED ONLY FOR THE PRESENT TIME, AND TO THIS PARTIC-ULAR CASE:::::

3

Issued by

W. B. SAUNDERS, Publisher,

925 Walnut St., Phila., Pa.

For---

General Rules. Eat as much as can possibly be digested, mostly fatty and nurogenous foods. It is important to take food between meals and before going to bed. Do not have meals more than three hours apart.

May take:

Soups.—Bouillon, clam broth, chicken broth, mutton broth, barley, rice, bean and pea broth, beef-juice and tea, oyster soup, turtle soup.

Fish.—Fresh fish, codfish, raw oysters.

Meats.—Beef raw, underdone, scraped or pounded; roast mutton, lamb chops, poultry, game, bacon, ham, sweetbread, Mosquera's beef-meal, beef-juice, liquid peptonoids.

Eggs.—All ways but fried. Beat with milk, whiskey, or sherry.

Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

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Fish.—Fresh fish, codfish, raw oysters.

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Farinaceous.—Wheat bread, Indian meal bread, with plenty of butter, oatmeal, malt extracts.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas, rice well cooked.

Fats and Oils.—Mutton, beef, butter, cream, olive and cod-liver oil.

Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

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Dessert.—Tapioca and sago puddings, farina, floating island, custards, all fruits, cheese, butter-scotch.

Vegetables.—Onions, tomatoes, string beans, spinach, asparagus, lettuce, cresses, celery, greens, peas,

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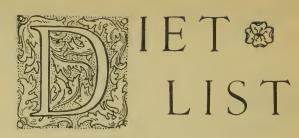
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DIETARY SICK-ROOM

TOAST-WATER.-Toast three slices stale bread to dark brown, but do not burn.

May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.-Stir whites of two eggs into half a pint ice-water without beating; add

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary stenner; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder peptonizing (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole thand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

and stir.

PEPTONIZED MILK TOAST .- Over two slices of toast pour gill of peptonized milk (cold

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

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BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and str into boiling milk to the desired thickness. KOUMISS.—Take ordinary becr-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; slake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. WINB WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two winegiassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

FGG LEMONADE.—Bat one egg with one tablespoon sugar until very light; str in three EGG-LEMONADE.—Beat one egg with one tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw. EGG-NOG.—Scald some new milk by putting it, contained in a jug; into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a jork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scaled milk.

an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

of champagne.

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. These beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces;

cut in small pieces; Strain thoroughly and Let cool. Add half

same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gendy till tender, throwing in a little salt and onion according to taste. Pour out broth into basin: when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour the into the apple and boil for five minutes; strain it and keep hear minute.

hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the sofily-poached white of an egg.

DIETARY SICK-ROOM

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BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if faid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin

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EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

of champagne.

PEFFONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not boil. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown

separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; but the cholle one will be a proper or water; but the cholle one will be supposed to the cup water; but and the coarse colander.

bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used. APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

DIETARY SICK-ROOM

pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar. TOAST-WATER.-Toast three slices stale bread to dark brown, but do not burn.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granie saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

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KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in redirectly syrup; shake well and allow to stand in redirectly to syrup; shake well and allow to stand in redirectly to boiling; then add sill keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap, wINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon sneon-juice instead of wine.

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EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a jork in a tunbler with sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with segar with a groth, add a dessertspoon of brandy and fill up tumbler with sugar.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg. CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

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CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it,

bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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A PPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

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DIETARY. SICK-ROOM

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BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

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JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

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RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited

added, and the mixture served cold as a jeny. CONNEL STATE.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and contain the part of the process of the part of the

BEEFT-TEA WITH ACID.—One and a nati pounds beet (round) can a small becast same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean doin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out both into basin: when cold, skinn off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an bour, sliamining it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juce, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; bid gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flow to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used. A PPLES SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth past end engage.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smar on thin slices of bread; sear bread lightly and serve with hot buttered sippets.

MEAT CURE.—Procure slice of

DIETARY SICK-ROOM

TOAST-WATER. -- Toast three slices stale bread to dark brown, but do not burn.

May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add salspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Four on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

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PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder pertact of pancreas five grains, bicarlonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold mill, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold

process); let stand on the hol for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

RAKED FLOUR PORRIDGE—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bothe with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simme a quarter of an hour, skinning off curd as it rises. Add a tablespoon more sherry, and simme a quarter of an hour, skinning off curd as it rises. Add a tablespoon more sherry, and simme a quarter of an hour, skinning off curd as it rises. Add a tablespoon semon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three BGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with sugar; beat to a footh, add a dessertspoon of brandy, and fill up tumbled with a fork milk and a dessertspoon of brandy, and fill up tumbled with a goor water water, but d

NUTRITIOUS COFFBE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Janaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

of champagne.

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PEPPTONIZED OYSTERS.—Mince aix large or twelve small oysters; add to them, in their oven liquor, five grains of extract of pornecas with differen grains of bicarboant of sold (or one Fairching pepponizing tube). The mixture of the more piral minist is added and the temperature depty up ten to vereing the importance of the minist of the state of the properture served cold as a jelly. Cooked tomato, onion, celety, or other flavoring saited to individual tast may be added, and the mixture served cold as a jelly. Cooked tomato, catalage, bone, and vessels; clop up fine, part into pain of cold water to digest two hours. Simmer on range or store three hours, but do not forth the pain of cold water to digest two hours. Simmer on range or store three hours, but do not fine, part into a pain of cold water to digest two hours. Simmer on range or store three hours, but do not forth the up for water fload, by adding cold water, so that a pair of beef tea represents one pound of beef. Prescheef cartefully and strain.

BEEF-TEA—Carteful and strain.

BEEF-TEA—Or and a peper and one-half minutes on one and side before a hot fire; squeeze in a hot temon-squeezer; flavor with salt and opper. May add to milk or pour on totast.

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MUTTON BROTH—Leam loan of mutton, one and one-half pounds, including bour; water, three pints. Boil gently fill tender, throwing in a little stall and onion according to taste. Pour out both, when cold, skin of fill through in small peice of mace; boil and keep there one minute; the strain with a balde of mace, a sprig of parsley, one tablespoon of rice, and a crue, on the pain the bodh is ready to pour of and serve hot.

CLAM BROTH—Leave o

DIETARY SICK-ROOM

pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar. TOAST-WATER.-Toast three slices stale bread to dark brown, but do not burn.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST. -Over two slices of toast pour gill of peptonized milk (cold

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BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-botte with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. WINE WHEX.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon lenon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with sir a tumbler with some water, but do not allow it to boil. When cold, beat up fresh egg with sir in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with sork with sugar.

NUTRITIOUS COFFBE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to bolling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

BEEF-TUCE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; favor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boll quickly ten minutes in porcelain vessel. Let cool. Add half tenspoon of acid (or acid phosphate) to the pint.

WUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH—Skim and chope up small, a small chicken or half a large fowl; boil it, but and a per per condition one of acid or and a per per process.

bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander. CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water;

bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAM.-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc, with knife. Put meat through mincer at least twice. The pulp

into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

DIETARY. SICK-ROOM

pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar. TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary Warm each bottle steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator.

just before using.

FEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold ess); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag;

throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core

fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing

the bottles with ordinary corks wired in position and drawing off the koumiss with a champagnetary.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh mill, heated lukewarn; add one teaspoon essence of pepsin and stir just enough to mix. Four into custard-cups, let stand till firmly curded; serve plain or with

sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

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BEEF-TEA.—Free a pound of lean beef from fait, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

BEEF-TUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH—Lean loin of mutton, one and one-half a large fowl; boil it, broth into basin; when cold, skim off fat. Warm up as wanted.

bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep

cinnamon with a finite cold water, proceed sippets.

hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

DIETARY SICK-ROOM

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RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

FLAXSEED TEA.—Flaxsed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquoricc-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

(extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold mills, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

and stir.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag;

throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd

as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milt, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes.

RUM FUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling

own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to two two the temperature served cold as a brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do beef. Press beef carefully and strain. PEPTONIZED OYSTERS.-Mince six large or twelve small oysters; add to them, in their

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with satt and peeper. May add to milk or pour on toast.

BEEF-TEA WITH ACLD.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boll quickly ten minutes in portcain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROOTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boll gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin: when cold skim off fat. Warm up as wanted.

CHICKEN BROOTH.—Skin, and chop up small, a small chicken or half a large fowl; boll it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an bour, skinming it from fine to lime. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the heapt to repeat one water of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil scan, and heapt with a very little corn-flour to make it about as thick as cream, a little butter on proves. It this soup may be made with milk instead of stock, if a little cream is used. A flute butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

A PAPLE SOUP.—Two cups of applie; two cups of water; two tenspoons of corn-starch, agar, and one-half tablespoons of sugar; one adaption of cimanon with a little cold water; pour little into a smooth paste the corn-starch, agar, and one-half tablespoons of sug

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with

quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add icc.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

enough salt or sugar to make palatable.
FLAXSEED TEA.—Flaxsed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.
STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

prepared using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

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Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutneg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a jurk hourd with sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with sore

ANUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

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BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

SEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOITE The proper quantity of good stock (mutton or weal) cut we be proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep

hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

TOAST-WATER.-Toast three slices stale bread to dark brown, but do not burn.

May add wine and sugar.

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RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add icc.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, and which stoppers, imperse to

each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

pust before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold ess); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone.

Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon nore sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon nore sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon nore sherry, and simmer a quarter of an hour, skimming off curd as it rises. May add sherry,

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NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg. CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

of champens.

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pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar. TOAST-WATER.-Toast three slices stale bread to dark brown, but do not burn.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Four on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

a pint ice-water without beating; EGG-WATER.—Stir whites of two eggs into half

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

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MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine, blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it why be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix.

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EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

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RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling

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BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do to beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half

teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water,

broth into basin: when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skim, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice,

and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A LPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch; sugar, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy sancepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or no cool part of covered range till hour. When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

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RICE-WATER.—Piek over and wash two tablespoons riee; put into granite saucepan with quart of boiling water; simmer two hours, when riee should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or eold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounee of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; eool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint iee-water without beating; add

spoon); liquorice-root, half ounce (two small stieks); lemon-juiee, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

(extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing powder tube (Fairehild); add one teacup cold water, shake; add pint of fresh cold mills, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to eheck further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; eut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-loutle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. WINE WHEY.—Put two pints new milk in saucepan, and stir over elear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lennor-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated likewarm; add one teaspoon essence of pepsin and sitr just enough to mix. Pour into eustard-eups, let stand till firmly curded; serve plain or with sugar and grated numeg. May add sherry.

EGG-LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, heat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with search.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, wineglass; Janaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not book. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer;

separately one and one-man innutes on each size before a norme; squeeze in a not tentor-squeezed;

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces;

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Bottoils in thorough coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot. Impurious or the one only not one of the proper quantity of pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, CREAM SOUP.—Take one quart of good stock with a small piece of mace; boil gently for slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for slice three potatoes very thin, and put them into the stock with a wear in the stand of stock, if a little eream is used. A little butter improves it. This soup may be made with milk instead of stock, if a little eream is used. A little butter improves it. This soup may be made with milk instead of stock, if a little eream is used. A little butter improves it. This soup may be made with milk instead of stock, if a little eream is used. A problem of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the con-starch, sugar, salt, and the variet until it is very soft, then mix together into a smooth paste the con-starch, sugar, salt, and the until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of to taste; sir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time to socking, over slow a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar. TOAST-WATER. -- Toast three slices stale bread to dark brown, but do not burn.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; sinmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

PEPTONIZED MILK: Cold Process .- In a clean quart bottle put one peptonizing powder

(extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

WILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, headed lukewarm; add one teaspoon essence of pepsin

and stir just enough to mix. Four into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

or champague.

PEPTONIZED OYSTERS.—Mince six harge or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soad or one Pairchild peptonizing tube). The mixture is then brought to blond-theat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA—Free a pound of lean beef from fat, tendon, cardiage, bone, and vessels; chop up fine, put into a pint of cold water to digest two bours. Simmer on range or stove three hours, but of beef. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches, square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toas.

BEEF-TEA WITH ACUD.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half tenspoon of acid of or acid phosphate) to the pint.

WUTTON BROTH.—Jean Join of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out booth into besin: when cold, skim off fat. Warm up as wanted.

CHCKEN BROTH.—Jean loin of mutton, one and one-half pounds, including to benefit with a blade of mace, a sprig of parsley, one table-poon of rice, and a crust of bread, bool and keep there one minute: the stells open, the water lake with one one one put of good stock (mutton or veal), cut one onion i

hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff puree of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add request.

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put hand can be held in it for a minute without salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold ess); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone.

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BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly will rises. Add a tablespoon more sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with

sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, heat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

ANUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

WUTTON BROTH.—Lean bin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a bladd of mace, a sping of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skinming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple: two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; none thind sintle cold water; pour this inner by small sunder in the

Connamon with a muce con water, from buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat MEAT CURE.—Procure slice of steak from top of round—fresh mincer at least twice. The pulp into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granie saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two Put into TOAST-WATER.-Toast three slices stale bread to dark brown, but do not burn.

tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table spoon): liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

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PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter. on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; PEPTONIZED MILK TOAST .- Over two slices of toast pour gill of peptonized milk (cold

throw into boiling water and boil five or is its hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and str into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; slake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Bat one egg with one tablespoon sugar until very light; stir in three EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes.

Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintainied, with occasional sitring, at that temperature thirty minutes, when one pin timils is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion, celery, or other flavoring suited up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

BEEF-IUCE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a bot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toat.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half morely into hash: when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into bash: when cold, skim off fat. Warm up as wanted.

CLIAM BROTH.—Skim, and delop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming if from time to time. Strain through coarse colander.

CLIAM BROTH—Shales one quant of good stock (mutton or veal), cut one onion

Slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat meat the man and the serve as sandwich.

into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar. TOAST-WATER.-Toast three slices stale bread to dark brown, but do not burn.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two

tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing may be used.

the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse

as it rises. Add a fablespoon more many, muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin junkerat.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin junkerat.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin junkerat.

sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin: when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water;

bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn.

pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two

tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

-Stir whites of two eggs into half a pint ice-water without beating; EGG-WATER.

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

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MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; **PEPTONIZED MILK TOAST.**—Over two slices of toast pour gill of peptonized milk (cold ess); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone.

throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

WOUMISS.—Take ordinary beer-bottle with shifting comments. So the continuous parts of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and sir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

ANUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM FUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. These beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skim, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice,

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CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil genly for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sipplets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef teat to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or no cool part of covered range till hout through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff puree of the consistency of a thick baree. Serve hot. Add for first few meals the sofily-poached white of an egg.

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GUM-ARABIC WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's request.

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

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KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lennon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated number. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

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BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

BEEF-IUCE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minures on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACLD.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly though coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Len loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up a swanted.

CHICKEN BROTH.—Skim, and chop up, small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to lime. Strain through coarse colander.

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CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatose very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as term.

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TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

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Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core

fine; blend thoroughly with a little milk and stri into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling: then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and graded nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to bail. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

ANUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Janaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

SEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUID—Take one content of good etock (mutton or weal) content into content into content into content in the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep

hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.--Pick over and wash two tablespoons rice; put into granite saucepan with

quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two

tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxsed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

just before using.

(extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawning off the koumiss with a champagne tap. WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with

sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited

auteur, and the mature served cold as a gaily. Cooked tomaco, onton, celery, or other flavoring stitled to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lead beef from fai, tendon, cardiage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

BEEF-TUGE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toas.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in portedian vessel. Let cool. Add half teaspoon of acid or acid plosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skin of fat. Warm up as wanted.

CHICKEN BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth in a place of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM BROTH.—Has one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for

RAM-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy sancepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar. TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Four on two quarts boiling water; boil down Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER. -- Stir whites of two eggs into half a pint ice-water without beating; add

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounde (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

(extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake

of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse

muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Four into custard-cups, let stand till firmly curded; serve plain or with

sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg.

RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

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BEBE-TEA.—Free a pound of lean beef from fait, tendon, cartilage, bone, and vessels; thop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not been for and non-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; BEEF-TUCE.—Cut a thin, juty steak into pieces one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; draver with salt and pepper. May add to milk or pour on tosat.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Sirain through paragraphy through coarse towel. Boil quickly the minutes in porcelain vessel. Let cool. Add half freepily through coarse towel. Boil quickly the minutes in porcelain vessel. Let cool. Add half worthing the proper quantity of part, three pints. Boil gendy till tender, throwing in a little salt and onton according to taste. Pour out broth into basin: when odd, skin of fat. Warm up as wanted.

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MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg.

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RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating; add

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PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if faid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. WINE WHEY.—But two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with

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EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

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RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling

at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

WUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gendy till tender, throwing in a little salt and onion according to taste. Pour out broth into besin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a spring of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Lea one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve bot.

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CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with of water or skinmed beef tea to consistency of must then be well beaten up in roomy saucepan with of water or skinmed beef tea to consistency of

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before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass of the present the coffee of the company of NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling

own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited PEPTONIZED OYSTERS .- Mince six large or twelve small oysters; add to them, in their

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not boil. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out both into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot.

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two caps of apple; two caps of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

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SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.--Stir whites of two eggs into half a pint ice-water without beating;

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants,

each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

just before using.

again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fileen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix pepagarain.

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BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake in the content of the core in the core

white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. of Pieischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutneg. May add sherry.

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EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some

sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg. CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

of champagne.

peptonizing tube). The mixture is then brought to blood heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

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BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quality ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

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CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water;

and the broth is ready to pour off and serve hot.

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APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices

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RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

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tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

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shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to

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PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

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KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

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JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

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EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some

sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg.

CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood heat, and maintained, with occasional stirring,

up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not boil. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin: when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

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APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered suppets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices

of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of cream. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste Serve hot. Add for first few meals the softly-poached white of an egg. This requires about

SICK-ROOM DIETARY.

TOAST-WATER.—Toast three slices stale bread to dark brown, but do not burn. Put into pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these

materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk

process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness. **PEPTONIZED MILK TOAST.**—Over two slices of toast pour gill of peptonized milk (cold ess); let stand on the holo for thirty minutes. Serve warm or strain and serve fluid portion alone.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing

wine with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling: then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it uses. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lennon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with

sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

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MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

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RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

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cream soup.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one

and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep

hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices of bread; sear bread slightly and serve as sandwich.

MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat

part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg. to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of into strips, removing all fat, gristle, etc. with knife. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt Put meat through mincer at least twice. This requires about

pitcher; pour over them a quart of boiling water; cover closely and let stand on ice until cold; strain. May add wine and sugar. TOAST-WATER .- Toast three slices stale bread to dark brown, but do not burn.

RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down to a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

enough salt or sugar to make palatable.

FLAXSEED TEA.—Flaxseed, whole, one ounce; white sugar, one ounce (heaping table-spoon); liquorice-root, half ounce (two small sticks); lemon-juice, four tablespoons. Pour on these materials two pints boiling water; let stand in hot place four hours; strain off the liquor.

STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants,

each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle just before using.

again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix pepagain. PEPTONIZED MILK: Cold Process .- In a clean quart bottle put one peptonizing powder

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Serve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing KOUMISS .—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

and stir just enough to mix. JUNKÉT.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with

sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Janaica rum, two to four teaspoons; nutmeg. CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

PEPTONIZED OYSTERS.—Mince six large or twelve small oysters; add to them, in their own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood-heat, and maintained, with occasional stirring, at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not boil. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of beef. Press beef carefully and strain.

separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown

same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skinming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to pour off and serve hot. cut in small pieces; Strain thoroughly and Let cool. Add half

CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used. APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep bot until ready to corne with bot besteard cinnamon.

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MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulp must then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of

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RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down for a quart. Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

EGG-WATER.—Stir whites of two eggs into half a pint ice-water without beating;

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PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

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BAKED FLOUR PORRIDGE.—Take one pint flour and pack tightly in small muslin bag; throw into boiling water and boil five or six hours; cut off the outer sodden portion, grate the hard core fine; blend thoroughly with a little milk and stir into boiling milk to the desired thickness.

KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position, and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two wineglassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons lemon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with

sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some

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NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutneg.

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flavor with salt and pepper. May add to milk or pour on toast.

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STERILIZED MILK.—Put the required amount of milk in clean bottles. (If for infants, each bottle holding enough for one feeding). Plug mouths lightly with rubber stoppers; immerse to shoulders in kettle of cold water; boil twenty minutes; or better, steam thirty minutes in ordinary steamer; push stoppers in firmly, cool bottles rapidly and keep in refrigerator. Warm each bottle

PEPTONIZED MILK: Cold Process.—In a clean quart bottle put one peptonizing powder (extract of pancreas five grains, bicarbonate of soda fifteen grains) or the contents of one peptonizing tube (Fairchild); add one teacup cold water, shake; add pint of fresh cold milk, shake the mixture again. Place on ice; use when required without subjecting to heat. Warm Process.—Mix peptonizing powder with water and milk as described above; place bottle in water so hot that the whole hand can be held in it for a minute without discomfort; keep the bottle there ten minutes; then put on ice to check further digestion. Do not heat long enough to render milk bitter.

MILK AND EGG.—Beat milk with salt to taste; beat white of egg till stiff; add egg to milk just before using.

PEPTONIZED MILK TOAST.—Over two slices of toast pour gill of peptonized milk (cold process); let stand on the hob for thirty minutes. Scrve warm or strain and serve fluid portion alone. Plain light sponge-cake may be similarly digested.

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KOUMISS.—Take ordinary beer-bottle with shifting cork; put in it one pint milk, one-sixth cake of Fleischmann's yeast, or one tablespoon of fresh lager-beer yeast (brewer's), one-half tablespoon white sugar reduced to syrup; shake well and allow to stand in refrigerator two to three days, when it may be used. It will keep there indefinitely if laid on its side. Much waste can be saved by preparing the bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap.

WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly boiling; then add gill (two winegiassfuls) of sherry, and simmer a quarter of an hour, skimming off curd as it rises. Add a tablespoon more sherry, and skim again for few minutes; strain through coarse muslin. May use two tablespoons (cmon-juice instead of wine.

JUNKET.—Take half a pint fresh milk, heated lukewarm; add one teaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with

sugar and grated nutmeg. May add sherry.

EGG LEMONADE.—Beat one egg with one tablespoon sugar until very light; stir in three tablespoons cold water and juice of small lemon; fill glass with pounded ice and drink through straw.

EGG-NOG.—Scald some new milk by putting it, contained in a jug, into sauccpan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

NUTRITIOUS COFFEE.—Dissolve a little isinglass or gelatin (Knox) in water, put half an ounce freshly-ground coffee into saucepan with one pint of new milk, which should be nearly boiling before the coffee is added; boil both together for three minutes; clear it by pouring some of it into a cup and dashing it back again; add the isinglass, and leave it to settle on the hob for a few minutes. Beat up an egg in a breakfast-cup, and pour the coffee upon it; if preferred, drink without the egg. RUM PUNCH.—White sugar, two teaspoons; one egg, stirred and beaten up; warm milk, large wineglass; Jamaica rum, two to four teaspoons; nutmeg. CHAMPAGNE WHEY.—Boil half-pint milk; strain through cheese-cloth; add wineglass

at that temperature thirty minutes, when one pint milk is added and the temperature kept up ten to twenty minutes. Finally the mass is brought to boiling-point, strained, and served. Gelatin may be added, and the mixture served cold as a jelly. Cooked tomato, onion, celery, or other flavoring suited to individual taste may be added at beginning of the artificial digestion.

BEEF-TEA.—Free a pound of lean beef from fat, tendon, cartilage, bone, and vessels; chop up fine, put into a pint of cold water to digest two hours. Simmer on range or stove three hours, but do not boil. Make up for water lost, by adding cold water, so that a pint of beef tea represents one pound of the formal body. own liquor, five grains of extract of pancreas with fifteen grains of bicarbonate of soda (or one Fairchild peptonizing tube). The mixture is then brought to blood heat, and maintained, with occasional stirring, PEPTONIZED OYSTERS .- Mince six large or twelve small oysters; add to them, in their

of beef. Press beef carefully and strain.

BEEF-JUICE.—Cut a thin, juicy steak into pieces one and one-half inches square; brown separately one and one-half minutes on each side before a hot fire; squeeze in a hot lemon-squeezer; flavor with salt and pepper. May add to milk or pour on toast.

BEEF-TEA WITH ACID.—One and a half pounds beef (round) cut in small pieces; same quantity of ice, broken small. Let stand in deep vessel twelve hours. Strain thoroughly and forcibly through coarse towel. Boil quickly ten minutes in porcelain vessel. Let cool. Add half teaspoon of acid (or acid phosphate) to the pint.

MUTTON BROTH.—Lean loin of mutton, one and one-half pounds, including bone; water, three pints. Boil gently till tender, throwing in a little salt and onion according to taste. Pour out broth into basin; when cold, skim off fat. Warm up as wanted.

CHICKEN BROTH.—Skin, and chop up small, a small chicken or half a large fowl; boil it, bones and all, with a blade of mace, a sprig of parsley, one tablespoon of rice, and a crust of bread, in a quart of water, for an hour, skimming it from time to time. Strain through coarse colander.

CLAM BROTH.—Wash thoroughly six large clams in shell; put in kettle with one cup water; bring to boil and keep there one minute: the shells open, the water takes up the proper quantity of juice, and the broth is ready to course both.

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CREAM SOUP.—Take one quart of good stock (mutton or veal), cut one onion into quarters, slice three potatoes very thin, and put them into the stock with a small piece of mace; boil gently for an hour; then strain out the onion and mace; the potatoes should, by this time, have dissolved in the stock. Add one pint of milk, mixed with a very little corn-flour to make it about as thick as cream. A little butter improves it. This soup may be made with milk instead of stock, if a little cream is used.

APPLE SOUP.—Two cups of apple; two cups of water; two teaspoons of corn-starch; one and one-half tablespoons of sugar; one saltspoon of cinnamon and a bit of salt. Stew the apple in the water until it is very soft, then mix together into a smooth paste the corn-starch, sugar, salt, and cinnamon with a little cold water; pour this into the apple and boil for five minutes; strain it and keep hot until ready to serve. May serve with hot buttered sippets.

RAW-MEAT DIET.—Scrape pulp from a good steak, season to taste, smear on thin slices

of bread; sear bread slightly and serve

must then be well beaten up in roomy saucepan with continuous vaccions. The right proportion is one teaspoon of liquid to eight of pulp; add black pepper and salt cream. The right proportion is one teaspoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste; stir mince briskly with wooden spoon the whole time it is cooking, over slow fire or on cool to taste it is cooking to the cooking of the cool to taste it is cooking to into strips, removing all fat, gristle, etc. with knife. Put meat through mincer at least twice. The pulpmust then be well beaten up in roomy saucepan with cold water or skimmed beef tea to consistency of part of covered range till hot through and through and the red color disappears. This requires about one-half hour. When done it should be a soft, smooth, stiff purée of the consistency of a thick paste. Serve hot. Add for first few meals the softly-poached white of an egg. MEAT CURE.—Procure slice of steak from top of round—fresh meat without fat; cut meat MEAT CURE.—Procure slice of steak from top of round—fresh meat through mincer at least twice. The pulp

DIETARY.

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RICE-WATER.—Pick over and wash two tablespoons rice; put into granite saucepan with quart of boiling water; simmer two hours, when rice should be softened and partially dissolved; strain, add saltspoon of salt; serve warm or cold. May add sherry or port, two tablespoons.

GUM-ARABIC WATER.—Dissolve ounce of gum-arabic in pint of boiling water; add two

tablespoons of sugar, wine-glass of sherry and juice of large lemon; cool, add ice.

BARLEY-WATER.—Wash two ounces (wineglassful) pearl barley with cold water. Boil five minutes in fresh water; throw both waters away. Pour on two quarts boiling water; boil down Flavor with thinly-cut lemon-rind; add sugar to taste; do not strain unless at the patient's

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JUNKET.—Take half a pint fresh milk, heated lukewarm; add one tcaspoon essence of pepsin and stir just enough to mix. Pour into custard-cups, let stand till firmly curded; serve plain or with bottles with ordinary corks wired in position and drawing off the koumiss with a champagne tap. WINE WHEY.—Put two pints new milk in saucepan, and stir over clear fire until nearly

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EGG-NOG.—Scald some new milk by putting it, contained in a jug, into saucepan of boiling water, but do not allow it to boil. When cold, beat up fresh egg with a fork in a tumbler with some sugar; beat to a froth, add a dessertspoon of brandy, and fill up tumbler with scalded milk.

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